

Focus: Speed Work

Friday

Warm Up:

300 Swim Choice

3 minute Vertical Flutter Kick - variable arm position

4 x 50 (25 fast free + 25 Ez back) (500+)

Drill:

3 x (4 x 25) Free - (fins?)

R1: Triple Switch "1 Goggle in, 1 Goggle out"

R2: Free Rhythm Drill - "single arm pull"

R3: DPS decrease by 1 each length (300)

4x thru Speed Training:

30 second vertical flutter kick - strong and fast

1 x 25 Free Fast + 1 x 75 EZ Choice (400+)

1x thru Recovery Swim: R:15"

1x (75 Back + 25 Free) + (75 Free + 25 Back)

1x (100 Back + 50 Free) + (100 Free + 50 Back) (500)

Drill:

2x (4 x 50) Free - (fins?)

R1: "Glove Stroke", R2: Paddle or Fist Swim (400)

Timed Swim: (re-group last 10 minutes)

1 x 200 Fast Free (200)